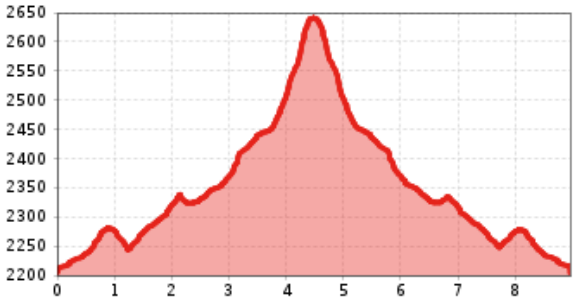
# Hike Östliche Sattelköpfe 2,697m

A rewarding destination for a scenic mountain hike.

## Altitude profile




## The most important at a glance

| distance | altitude meters uphill | altitude meters downhill | walking time uphill |
|---|---|---|---|
| 4.5 km | 485 m | 42 m | 2 h |

| walking time downhill | total walking time | highest point | difficulty |
|---|---|---|---|
| 1:30 h | 3:30 h | 2647 m | average |

**fitness:**

★ ★ ★ ☆ ☆

**technique:**

★ ★ ★ ☆ ☆

**parking:**

Zettersfeld Zentrum parking lot

**starting point:** Steinermandlbahn mountain station

**destination point:** Östlicher Sattelkopf

**best season:** JUN, JUL, AUG, SEP, OCT

## Gpx file

download>

## Interactive map

open>

## Description

The hike leads from the **Bergstation der Steinermandlbahn** initially through alpine pastures towards Neualplseen, in the Hohe Tauern National Park. From there, a short steep mountain path leads to the peaks of **the östlichen Sattelköpfe** – with wide views of the Dolomites and the Lienz valley floor. The return journey follows the same route.